



Summer Grilled Chicken Salad

with Nectarines, Almonds & Green Beans



20-30min



2 Servings

Sweet and savory comes together in the form of sweet summer nectarines and flavorful grilled chicken. Arugula lends a peppery bite, and green beans provide a great textural contrast to the soft fruit. If you don't have a grill or grill pan, preheat the oven to broil with top rack 6 inches from heat source. Broil chicken on a rimmed baking sheet until cooked through, about 4 minutes per side.

What we send

- 1 nectarine
- 5 oz baby arugula
- ½ lb green beans
- 1 oz salted almonds ¹⁵
- 1 oz pepitas
- 12 oz pkg boneless, skinless chicken breasts
- ½ oz pkt whole-grain mustard ¹⁷
- ½ oz pkt honey

What you need

- olive oil
- kosher salt & pepper
- balsamic vinegar (or red wine vinegar)

Tools

- medium saucepan
- medium skillet
- grill or grill pan

Allergens

Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

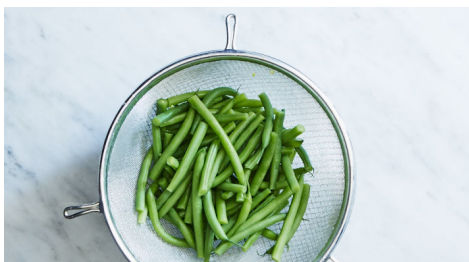
Nutrition per serving

Calories 610kcal, Fat 39g, Carbs 31g, Proteins 36g



1. Prep ingredients

Bring a medium saucepan of **salted water** to a boil; simmer over low heat until step 4. Halve **nectarine**, remove pit, and cut into thin wedges. Remove any long stems or roots from **arugula**; wash and dry well. Remove stem ends from **green beans** and cut in half crosswise.



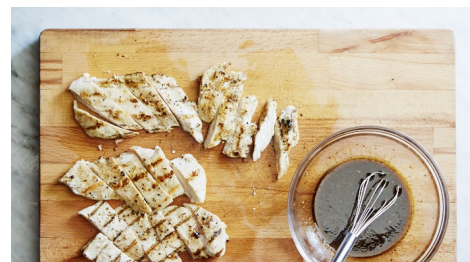
4. Cook green beans

Meanwhile, return water in saucepan to a boil. Add **green beans** and cook, until tender, about 3 minutes. Drain and rinse under cold water. Transfer to a paper towel-lined plate and pat dry.



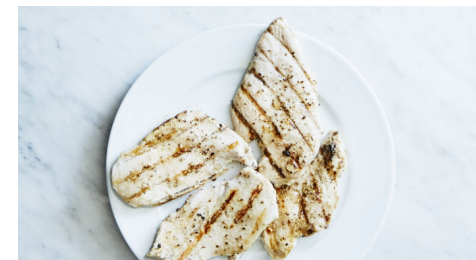
2. Toast nuts and seeds

Coarsely chop **almonds**. Heat **3 tablespoons oil** in a medium skillet over medium-high. Add **almonds** and **pepitas** and cook, stirring, until toasted, 2-3 minutes. Using a slotted spoon, transfer nuts to a small bowl. Let skillet cool slightly, then carefully pour **nut oil** into a large bowl and reserve for step 5.



5. Mix dressing, cut chicken

To bowl with **reserved nut oil**, whisk to combine **mustard**, **honey**, and **2 tablespoons vinegar**; season to taste with **salt** and **pepper**. Transfer **half of the dressing** to a small bowl for garnishing. Slice **chicken** crosswise into strips.



3. Grill chicken

Preheat a grill or grill pan to medium-high. Pat **chicken** dry, then pound to ½-inch thickness, if necessary; season with **salt** and **pepper**. Brush grill grates with **oil**. Grill chicken until lightly charred and cooked through, 4-5 minutes per side (reduce heat if browning too quickly). Transfer to a plate and tent with foil. (See front of recipe for alternate cooking instructions).



6. Finish & serve

To large bowl with **dressing**, add **arugula**, **green beans**, **nectarines**, and **half of the toasted nuts**; season to taste with **salt** and **pepper**. Spread on a platter, then top with **sliced grilled chicken**. Drizzle with **remaining dressing**, then sprinkle with **remaining nuts**. Enjoy!